

# WIC Food Products Specifications



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South Carolina Department of Health  
and Environmental Control

## **Selection Criteria for South Carolina WIC Eligible Food Items**

Submission deadline for consideration of WIC food package items in South Carolina is March 1<sup>st</sup>. Review and evaluation of approved foods list for all food packages is in May of every year. Implementation of all decisions concerning food packages is on October 1.

Food products presented for approval must be commercially available in the state of South Carolina for 1 year prior to eligibility consideration with no problem of distribution, recall or documented health problems associated with the product.

WIC eligible food products must comply with applicable local, state and federal laws. All products must comply with FDA Standards of Identity as explained in the Code of Federal Regulations.

### **Food items submitted for eligibility must include the following:**

- 1. Copies of actual package flats**
- 2. Nutrient analysis for the product.**  
i.e., milligrams of iron per 100 grams of cereal, milligrams of vitamin C per 100 milliliters of single strength or reconstituted juice, milligrams of sucrose and sugars per 100 grams of cereal, etc.
- 3. Ingredient listing descending by weight.**  
Verification of 100% fruit or vegetable juice must be included.
- 4. All available forms of the product.**  
i.e., single strength versus frozen concentrated juice, cold versus hot, etc.
- 5. Types and sizes of all package containers.**  
i.e., 64 fluid ounce plastic bottles, 48 fluid ounce plastic bottles, 18 ounce boxes of cereal.
- 6. Average/suggested retail price for product per container size.**
- 7. Length product has been available in the South Carolina market.**
- 8. Store distribution list for the product in South Carolina.**  
All major chains that currently sell the product must be included.
- 9. Product literature providing additional details.**

## 2010

# Specifications for South Carolina WIC Food Products

### Milk:

- Pasteurized and contain 400 International Units of vitamin D and 2000 International Units of vitamin A per fluid or reconstituted quart.
- Fluid whole, fat-free, lowfat (1%) or reduced (2%) milk (gallons, ½ gallons or quarts)
- Nonfat dry milk
- Lactose-free whole, lactose-free reduced fat, lactose-free fat free milk (quarts and ½ gallons only)
- UHT Milk (8 ounces only)
- Unflavored only

### Cheese:

- Block style or sliced whole, lowfat, reduced fat, low cholesterol and/or low sodium cheeses
- No added peppers, sesame seeds, etc
- No shredded cheese, cheese crumbles, cubed cheese, cheese sticks, cracker cuts string cheese or specialty cheese
- No cheese from the store's deli department
- No cheese "spread" or cheese "food"
- Currently approved cheeses: American, Cheddar, Colby, Monterey Jack, Mozzarella, Muenster, Swiss and Provolone.
- 16oz packages only

### Breakfast Cereals:

- Must contain at least 28 milligrams of iron per 100 grams and not more than 6 grams of sugar per ounce of dry cereal.
- Instant or cooked cereals must be plain-flavored only.
- Half of the cereals authorized must have whole grain as the primary ingredient by weight and meet labeling requirements for making a health claim as a "whole grain food with moderate fat content" as well as:
  1. Must contain at least 51% whole grains (using dietary fiber as the indicator)
  2. Meet the regulatory definitions for "low saturated fat" and "low cholesterol"
  3. Bear quantitative *trans* fat labeling
  4. Contain  $\leq 6.5$  g total fat per RACC and  $\leq 0.5$  g *trans* fat per RACC.

### Whole wheat bread/Whole grain bread:

- Whole wheat must be the primary ingredient by weight in all whole wheat bread products
- Whole grain must be the primary ingredient by weight in all whole grain bread products and meet labeling requirements for making a health claim as a "whole grain food with moderate fat content" as well as:
  1. Must contain at least 51% whole grains (using dietary fiber as the indicator)
  2. Meet the regulatory definitions for "low saturated fat" and "low cholesterol"
  3. Bear quantitative *trans* fat labeling
  4. Contain  $\leq 6.5$  g total fat per RACC and  $\leq 0.5$  g *trans* fat per RACC.

### Other Whole Unprocessed Grains:

- Brown rice and corn/whole wheat tortillas only (Corn tortillas made from ground masa flour (corn flour) using traditional processing methods are allowed).
- May be instant, quick, or regular cooking
- Whole grain must be the primary ingredient by weight.
- 16 oz packages only

## 2010

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### Juice:

- Must be 100% pasteurized fruit or vegetable juice (11.5-12 ounce frozen concentrate, 11.5-12 ounce shelf-stable concentrate cans, 64 oz can/plastic containers, or 6 ounce containers only.)
- Must contain 30 milligrams of vitamin C per 100 milliliters of single strength or reconstituted frozen concentrated juice.
- No added sugars
- No calcium-fortified juice
- No organic juice

### Eggs:

- Grade A, medium or large size, white only
- No specialty eggs, organic eggs, or liquid eggs

### Dried Peas and Beans:

- Any type of mature dry beans, peas, or lentils in dry-packaged form
- No mixtures or flavoring
- No frozen beans
- No organic dried peas or beans
- No canned green beans, snap beans, yellow beans, wax beans or sweet peas
- 1 lb pound bag only (no boxes)
- If specified: 8 ounces or 16 ounces canned mature, plain: beans, peas or “baked beans”

### Peanut Butter:

- May not contain added items such as jelly or be labeled as “peanut butter spread”
- Smooth only – 18 oz jars only

### Canned Tuna or Pink Salmon:

- Water or oil-packed
- Grated, flakes, chunk or solid packs
- Light, dark or blended
- No white (albacore) tuna
- No pouches allowed
- May include bones or skin
- May be regular or lower in sodium content
- No added sauces or flavorings
- No red salmon
- 5 oz canned tuna only
- 6 oz canned pink salmon only

### Infant Cereals:

- Must contain a minimum of 45 milligrams of iron per 100 grams of dry cereal
- Rice, Oatmeal, Barley, or Mixed Cereal
- No added fruit, formula, or DHA
- No organic or cereals in canisters.

### Infant Fruits and Vegetables:

- Any variety of single ingredient commercial infant food fruit or vegetables without added sugars, starches, or salt (i.e., sodium).
- 4 oz jars only
- No organic infant foods

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### Infant Meats:

- Any variety of commercial infant food meat or poultry, as a single major ingredient, with added broth or gravy.
- No added sugars, salt (i.e., sodium) are allowed.
- 2.5 oz jars only
- No infant food combinations (e.g. meat & vegetables or fruit) or dinners (e.g., spaghetti and meatballs) are allowed
- No DHA Plus
- No Plastic containers or packs

### Fruit:

- Any variety of fresh whole or cut fruit without added sugars
- Any variety of frozen fruits without added sugars
- No fruit baskets, painted pumpkins,
- No fruit party trays with dips or utensils
- No canned or dried fruit.
- No jars
- Organic fruits are allowed.

### Vegetables:

- Any variety of fresh whole or cut vegetables without added sugars, fats, or oils.
- Any variety of frozen vegetables without added sugars, fats, oils, pasta, rice, and meat.
- **Only potatoes allowed are sweet potatoes or yams; no white potatoes**
- No herbs, spices, edible blossoms or flowers, ornamental or gourds.
- No creamed, sauced, pickled or breaded vegetables
- No peanuts
- No chili peppers on a string, no garlic on a string
- No vegetable party trays with dips, dressings or utensils
- Prepackaged salad kits with added dressing, croutons or etc are not allowed
- No canned or dried vegetables
- No jars
- Organic vegetables are allowed

### Soy Milk: Must be fortified to meet the following nutrient levels per cup

N U T R I E N T	L E V E L
Calcium	276mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B12	1.1 mcg